

Self-Realization Fellowship Lesson

"Thy Self-realization will blossom forth from thy soulful study"



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THE LORD'S PRAYER*

An Interpretation by Paramahansa Yogananda

O Heavenly Father, Mother, Friend, Beloved God! may our ceaseless silent utterance of Thy holy Name transform us to Thy likeness.

Inspire us, that our matter worship be changed to adoration of Thee. Through our purified hearts may Thy perfect kingdom come on earth, and all nations be liberated from misery. Let the soul freedom within us be manifested outwardly.

May our wills grow strong in overcoming worldly desires and finally be attuned to Thy faultless will.

Give us our daily bread: food, health, and prosperity for the body; efficiency for the mind; and, above all, Thy love and wisdom for the soul.

It is Thy law that "with the same measure ye mete, it shall be measured to you."** May we forgive those who offend us, ever mindful of our own need for Thine unmerited mercy.

Leave us not in the pit of temptations into which we have fallen through our misuse of Thy gift of reason. Shouldst Thou wish to test us, O Spirit, may we realize Thou art enchanting beyond any earthly temptation.

Help us to deliver ourselves from the shadowy bonds of the sole evil: ignorance of Thee.

For Thine is the kingdom, and the power, and the glory, forever. Amen.

--From "Whispers from Eternity"

* Matthew 6:9-13 and Luke 11:2-4.

** Luke 6:38.



Self-Realization Fellowship

Founded in 1920 by Paramahansa Yogananda

INTRODUCTION TO SELF-REALIZATION FELLOWSHIP LESSONS

We are happy that you have become a student of the incomparable teachings of our Guru-Founder, Paramahansa Yogananda. Through application of the moral and esoteric principles of original Christianity and of original Yoga presented in these teachings--especially the simple techniques of meditation handed down to us by the Gurus of Self-Realization Fellowship--you will discover a life divine. You will realize a spiritual fellowship with other truth-seekers on this path; and the supreme joy of "satsanga"--fellowship with God, our one Father.

The real meaning of any scripture can be known only through direct experience. That inner knowledge is accessible to all men who attain soul-perception or Self-realization. Followers of all creeds may apply Self-Realization Fellowship teachings: basic spiritual truths that develop man's potentialities for living a godly life. Our humble desire is to help you, through these teachings, to expand your consciousness until you understand by your own Self-realization the eternal Truth behind all great religions, and to foster goodwill and universal brotherhood in the name of the one God.

The Self-Realization Fellowship principles and techniques will help you to erase forever all doubts as to the existence, nature, and power of God. But merely reading the words of our guru, Paramahansa Yogananda, will not suffice to bring forth the inner illumination of Self-realization. He often said: "Mahavatar Babaji and Lahiri Mahasaya have given to the world, through this work that they sent me here to establish, the scientific techniques by which real truth-seekers can consciously follow the quickest route to the Infinite. The Lessons you will receive are impregnated with the spirit of the great masters of Self-Realization Fellowship: Jesus Christ, Bhagavan Krishna, Mahavatar Babaji, Lahiri Mahasaya, and Swami Sri Yukteswar. If you study the Lessons with reverence and deep attention, and, along with that, deeply practice meditation, you will be in touch with the divine link of these masters. When a student tunes in with the wisdom of a God-sent guru-preceptor, then by his efforts to follow the guru's teaching, and by the inner guidance he receives from the guru, that student can find liberation. Those who are steadfast will ultimately be lifted into the kingdom of Cosmic Consciousness."

You should give some time to God. No person is really so busy that he is unable to devote a part of each day to the most important of all man's duties--seeking oneness with his Creator. Students who knock at the door of spiritual opportunity with their best efforts will find it swinging open, for God does indeed "help those who help themselves." As soon as the

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devotee begins to understand the ultimate Reality that sustains all things and all beings, he cries in joy: "Lord, nothing that I ever sought in the world is as wonderful as Thou art--Thou, the Giver of all gifts."

Paramahansaji again and again stressed that the universal precepts of the scriptures are meant not only for followers of the monastic life but for all mankind. He pointed out that attuning the limited human consciousness to God's will is not otherworldly, but practical. "Have a partnership with the Lord in all your undertakings," he advised. Without God's support man inevitably fails; because strength and wisdom for success in the battle of life come from the Infinite Source. Ignoring God, man cuts his own lifeline. Those persons are closest to unraveling the mystery of life who are consciously seeking communion with God, the First Cause.

Regardless of religious affiliations, all persons who sincerely seek spiritual advancement are welcome to study the Self-Realization Fellowship Lessons. These sacred teachings constitute the formal religion of students who make Self-Realization Fellowship their Church. Initiation in the highest technique of meditation, Kriya Yoga, is the spiritual baptism of this Church, and is given when students establish church-membership affiliation with Self-Realization Fellowship.

Application for Kriya Yoga may be made after completing Steps I and II of the Lessons, a period of approximately one year if the Lessons are received without interruption on a biweekly basis, as is the case with the majority of students. Initiation in Kriya Yoga signifies acceptance of the holy guru-disciple relationship between the student and Paramahansa Yogananda. Kriya Yogis pledge their spiritual loyalty to the Gurus and to Self-Realization Fellowship.

You are welcome to write us any questions about the Lessons or about spiritual problems; or to request divine assistance through prayer. Your letters will receive sympathetic attention and will be treated confidentially. Such correspondence is looked after by monks and sisters of the Self-Realization Order. These renunciants have dedicated their lives to finding God by following this path, and to serving Him by helping others (insofar as it is within their power to do so) toward that highest of all achievements.

We pray that to the end you travel with us the Kriya Yoga highway to the Infinite.

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SIGNIFICANCE OF SRF teachings are a special dispensation for the
 SRF TEACHINGS Atomic Age, sent forth from India, ancient land of
 spiritual wisdom, by a line of fully enlightened,
 Christlike Gurus--Babaji, Lahiri Mahasaya, Sri Yukteswar, and Paramahansa
 Yogananda. Self-Realization Fellowship teachings fulfill Christ's
 promise that he would send the "Comforter." "But the Comforter, which
 is the Holy Ghost, whom the Father will send in my name, he shall teach
 you all things, and bring all things to your remembrance, whatsoever I
 have said to you" (John 14:26). Our guru, Paramahansa Yogananda, has
 given the following explanation:

These Biblical words refer to the threefold nature of God as Father,
 Son, and Holy Ghost (Sat, Tat, and Aum in the Hindu scriptures). God
 the Father is the Absolute, the Unmanifested, existing beyond vibratory
 creation. God the Son is the Christ Consciousness (Brahma or Kutastha
Chaitanya) existing within vibratory creation; this Christ Consciousness
 is the "only begotten" or sole reflection in creation of the Uncreated
 Infinite. The outer manifestation of the omnipresent Christ Conscious-
 ness, its "witness" (Revelation 3:14), is Aum, the Word or Holy Ghost:
 invisible divine power, the only doer, the sole causative and activating
 force that upholds all creation through vibration. Aum the blissful
 Comforter is heard in meditation and reveals to the devotee the ultimate
 Truth, bringing "all things to...remembrance."

The student receives in the 29th Lesson the Aum (Om) Technique of
 Meditation, through whose practice he may hear the cosmic sound of Aum,
 the Holy Ghost. By deep attunement with Aum he comes to feel the pres-
 ence of the Christ. It is thus that we may "receive him"--i.e., con-
 sciously commune with the Christ Consciousness that was manifest in
 Jesus and in all other illumined masters. This experience of receiving
 the Christ Consciousness within one's own consciousness is the real
 "second coming" of Christ.

Devoted, regular practice of the Aum (Om) Technique of Meditation
 (Lesson 29) and of the Hong-Sau Technique of Concentration (Lesson 21)
 is essential in the daily life of every Self-Realizationist who is seri-
 ously seeking spiritual advancement. He should also faithfully practice
 the Recharging Exercises (Lesson 8-A), whose principles were discovered
 in 1916 by Paramahansa Yogananda.

PLAN OF The Lessons are grouped into "steps," each of which
 SRF LESSONS contains approximately twenty-five Lessons; at the end
 of each step the student receives a summary of the
 preceding material, together with pertinent questions to help him in
 reviewing that step; and a brief questionnaire that may be completed and
 sent to Self-Realization Fellowship as a progress report.

Many different subjects are covered, in some cases at length (by
 continuation from Lesson to Lesson). There is something of interest for
 everyone, young or old, busy or at leisure. And whether a subject is of
 immediate interest to the student or not, the principles of Self-realization
 brought out in each case are universally applicable.

THE BEST
METHOD
OF STUDY

For a discriminative understanding of SRF teachings, the following method of study has been found by most students to give the best results:

- (1) Read over an entire SRF Lesson once, trying to grasp its main purport. Do not break the continuity of thought to mull over points not immediately clear to you as you read.
- (2) Now begin reading again, but this time read only one paragraph and, focusing your deepest attention on the subject matter, weigh the meaning of the words in the balance of your mind. Proceed to the next paragraph and continue in the same manner.

In this way you will grasp the full meaning of all important points without fatiguing memorization and without loss of time owing to wandering thoughts.

Mother Center will be happy to help you with your questions concerning SRF teachings and techniques. But remember that understanding is a process of growth. If you feel you are encountering some real problem or obstacle, do not hesitate to write to Mother Center for guidance and help. Otherwise, first give yourself time to study, apply, and assimilate the instructions in the SRF Lessons. More and more of your questions will be answered with each successive SRF Lesson. All of your queries will be resolved as you deepen your own intuitive, all-knowing soul faculty of perception and understanding by the regular practice of deep meditation.

SELF-REALIZATION FELLOWSHIP

PRAYER

Heavenly Father, Divine Mother, Jesus Christ, Bhagavan Krishna, Babaji, Lahiri Mahasaya, Sri Yukteswarji, Guru-Preceptor Paramahansa Yogananda, saints of all religions, I bow to you all. May Thy love shine forever on the sanctuary of my devotion, and may I be able to awaken Thy love in all hearts.

THE WAY TO A HIGHER LIFE

Self-Realization Fellowship teaches the highest principle of spiritual living: meditation combined with activity. Everywhere people are working, but they have forgotten God. First meditate and feel the divine Presence; then do your work saturated with the consciousness of God. If you do this you will never become tired. If you work for your Divine Beloved, your life will be filled with love and strength. SRF students are taught how to dedicate inwardly to God all the day's activities; and, when work is done, to commune with Him in the temple of silence.

Spirituality cannot be bought in a marketplace. God must be earnestly sought. When you are very desirous of finding Him, the Lord sends a guru. A true guru is a direct link with God. The guru has only one purpose: to introduce you to the Heavenly Father. When you are in tune with a true guru you are in tune with the Lord. The relationship is eternal. Even after death, a guru continues to help his disciples (i.e., those who recognize him as their guru and who faithfully follow his teachings). This is a spiritual law.

Hence every SRF student should understand and respect the significance of the link of SRF Gurus--Jesus Christ, Bhagavan Krishna, Mahavatar Babaji, Lahiri Mahasaya, Sri Yukteswar, and Paramahansa Yogananda --with whom all SRF students are connected by affiliation with Self-Realization Fellowship. Those who desire the help of these Gurus in finding God should follow the way that the Gurus have shown. There are students who do not follow the teachings, yet expect spiritual benefits just the same. Those benefits will not come! An SRF student should never go to bed without first giving his deepest attention to God. Those who practice the SRF techniques of meditation daily, with sincere devotion to the Lord, will find by their own Self-realization the validity of SRF teachings. SRF asks no one to believe blindly, but to practice the methods offered in these sacred teachings. By being loyal to the Gurus in this way, the student makes it possible for the Gurus to guide him surely to the Divine Goal.

SRF teaches control of the body until one is its master. Then when you sit to meditate you will not nod. Practice these teachings and you will make your body a fit temple to receive God. The human body has to be made ready to receive the divine power. The state of consciousness has to be right. Then God will come to you!

But the Lord may not respond right away. Only when He is convinced that you seek Him not for the satisfaction of temporal desires or for spiritual glamour and glory--but simply to be His, unconditionally, forever--will He open the door. The devotees who are faithful to the end are those for whom He will open the door. But only He can tell when that day of final beatitude will come.

God does not always appear before us just because we have meditated deeply for several years, or for whatever we consider a proper length of time. If there is some flaw in their love, even saints who have meditated for incarnations may be chastened by God's failure to appear. But to those who make no demand, who just keep on striving, saying, "Lord, I will wait for You, no matter how long it takes," He will come. The greatest factor for success with God is to have that resolute desire. Lord Krishna said, "Out of one thousand, one seeks Me; and out of one thousand that seek Me, one knows Me" (Bhagavad Gita VII:3).

God is caressing you through the breeze, in the sunshine. He is the food that you eat. He is the One that nurtures you as father, mother, and relatives. He is the only eternal relative. That is why Jesus said, "There is no man that hath left house, or brethren, or sisters, or father, or mother, or wife, or children, or lands, for my sake, and the gospel's, but he shall receive an hundredfold now in this time, houses, and brethren, and sisters, and mothers, and children, and lands, with persecutions; and in the world to come eternal life" (Mark 10:29-30).

No one belongs to another person. We have all come from God. On earth we are seemingly strangers; it is only when we love the Lord that we become truly brothers and sisters of all. Salvation is for men and women who love God, those who go on seeking Him to the end--not just to "stick it out," but because they love Him.

"Seek ye first the kingdom of God" was Jesus' advice to all people. Man was not made merely for producing children and for selfish aggrandizement. Millions of persons have thought those goals to be sufficient, but they were mistaken. At death they left this world, bewildered and dissatisfied, their soul hunger unappeased.

Jesus, Krishna, and the Masters are great reflections of God, perfect examples for you to follow. Thus you may know you too are a potential child of God. We are all sons of the one Father. But you have to realize that! May that consciousness come to you! No one should call himself a sinner. Whatever your errors, they belong to the past; they are not you. God is yours! Christ, Krishna, and the great Masters are yours! Hold that truth in your bosom, in every thought you have; and one day you will find that you have only dreamed you were a man; you will wake and know you are a god, an eternal reflection of the Infinite Spirit. The greatest sin is ignorance of our oneness with Him.

Self-Realization Fellowship teachings are a great dispensation sent forth into the world by Jesus Christ and Mahavatar Babaji to unite the original Christianity and the original Yoga, to bring real God-communion to people in all lands. SRF has come to show people how to seek God.

Self-Realization is the new dispensation that was promised in the scriptures. Christ promised to send the Holy Ghost after he had departed. "Holy Ghost" means the sacred cosmic vibration that underlies the structure of all creation, the vibration you can hear by practicing the "Om" (Aum) technique of meditation (Lesson 29). SRF is bringing that teaching, that scientific method, which has never before been given to the world. When you practice the technique and hear and commune with the sacred vibration, the Aum (Om) or Amen, you will be one with the Lord through the Christ Consciousness immanent in it.

If you sincerely follow this path of the Masters, Self-Realization Fellowship will take you to your highest Goal, the Cosmic Beloved--God!

Anyone who receives this message with an open heart shall not go away unfulfilled. His heart shall become a wonderful cup of realization that will gradually expand to receive the ocean of Infinity, the power of the eternal Spirit.

THOUGHTS TO LIVE BY

If you will study these Lessons for at least half an hour every day, you will soon realize a new goal of happiness, inner awakening, and Self-realization that will forever shed light upon you so that you may live according to the highest standards of existence. You will feel God; you will see Him smiling in the stars and the blossoms; you will see Him templated within every human being and in every good thought and every love that you have.

When you have understood by your own Self-realization the spiritual message given here you will also realize that within these pages is the best that India has to offer. Self-Realization Fellowship brings you the universal technique of salvation, the royal highway to the Infinite.

AFFIRMATION

This day shall be the best day of my life. Today I will start with a new determination to dedicate my devotion forever at the feet of Omnipresence.

SELF-REALIZATION FELLOWSHIP LESSONS--Volume 1

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MAY I ACT FROM FREE CHOICE, NOT HABIT

By Paramahansa Yogananda

Teach me, O Father, to seek the soul's
lasting happiness rather than temporary sense
pleasures.

Strengthen my will power, that I escape
from bad habits and reform myself by meditation
and the influence of spiritually minded companions.

Give me the wisdom to follow happily the
ways of righteousness. May I develop the soul
faculty of discrimination that detects evil, in
even its subtlest forms; and that guides me to
the humble paths of goodness.

I would direct my life by the God-given
power of free choice, not by the compulsions of
hardened habits.

--From "Whispers from Eternity"

PHYSICAL PERFECTION THROUGH WILL POWER

SRF instructions combine the basic laws of physical well-being utilized by the ancient Hindu yogis and discoveries of modern physiological science. Some Western athletes have learned to control certain muscles by will, but have failed to see the scientific principles underlying such control. The yogis of India have a large number of postures that they practice in order to strengthen and develop their will power. The will can be utilized to develop the body; and the will itself is developed in the process by the very exercising of it. Physical and mental development are intertwined, and help each other. The SRF technique of recharging the body by will is distinctive in that it teaches one how to concentrate his attention upon the inner energy--direct giver of strength and vitality to all the tissues in the body. The faithful student will find that practice of the technique invariably and consciously develops his will power along with his bodily strength.

EVOLUTION OF WILL POWER

The evolution of this great force should be thoughtfully studied. The newborn baby's first cry announced the birth of will power. The baby cries because it wants to remove the feeling of discomfort owing to the first painful opening and activity of the lungs. This is called "automatic physiological will." When the baby grows old enough to talk, and unquestioningly follows the wishes of its mother, it is said to possess "unthinking will." The mother calls the infant a "good boy" because he obeys her.

Then the baby grows older and begins to think for himself; and if the mother denies something that the baby thinks he should have, he begins to manifest obstinacy by offering resistance. The mother may become angry and call her child "naughty." But, in the first act of obstinacy, the baby is only using the next phase of evolving will, "blind will."

BLIND WILL

Will at this stage is termed "blind" because it is not usually guided by wisdom. Most young people use this explosive blind will without any worthwhile purpose, wasting energy and higher possibilities on passions, temptations, brawls, fast driving, rash resolutions, ungoverned appetites, and so forth. In the East we give the following illustration of the folly of letting the senses go ungoverned: The bee, for love of fragrance settles in the lotus flower; the petals entomb it if the bee forgets to get out before they close. The fish loves the taste of water; it dies when taken out of it. The moose loves music and is lured to its death by the flute of the hunter. The wild male elephant loves the sense of touch and is lured by the tame she-elephant to captivity--behavior true to human beings too! The insect loves the sight of light and perishes trying to enjoy the white loveliness of the candle flame. So each of these creatures dies because it is addicted to a single sense. But man is attached to all five senses, and he must watch his step if he would save himself from his blind will, which urges him to jump into one of the yawning crevasses of the five sense lures.

PRAYER

Heavenly Father, teach me to contact Thee first and thus harness my will and activity to the right goal.

THE DYNAMIC POWER OF WILL

DYNAMO OF VOLITION Volition is the dynamo that feeds all our powers. It initiates and keeps in continuous operation all our physical, mental, and spiritual actions. Without the spring of volition, we cannot walk, talk, think, work, or feel. In order not to exercise volition, or will power, one would have to lie down and enter a state of suspended animation. Even the slightest movement of the muscles (as in winking the eyelids) or any act of thinking is initiated by the use of volition.

A wish implies a helpless desire of the mind. A desire is a stronger wish; it is often followed by fitful efforts to manifest itself into action. An intention, or a determination, is a definite, strong desire expressed very forcefully once or twice through action for the accomplishment of a certain purpose. Such a determination, however strong, is often discouraged after one or perhaps several unsuccessful efforts. But a volition consists of a series of continuous, undiscourageable, unceasing determinations and acts revolving around a desire, until it becomes dynamic enough to produce the much-craved result. "Will and act until victory" is the slogan of all volitive activity. No matter how impossible of accomplishment his goal may seem, the man of volition never stops repeating conscious acts of determination to achieve it, as long as he lives.

WILL POWER GOVERNS THE UNIVERSE Does not will power govern evolution? Coercion or compulsion never brings about growth. It is freedom that accelerates evolution. Too much dependence upon what is external or objective throttles the possibility of progress and nips in the bud the potent factors of evolution. Progress presupposes the existence of the power of growth from within; and that a subject will evolve by adjusting itself to its environment, or by adapting its environment to itself. Unless he trains his will by application of scientific techniques such as Self-Realization Fellowship offers, man's power of volition atrophies.

The use of will power developed by the practice of SRF methods opens up limitless possibilities for all-round success. We must will to move or think. And we are almost continuously moving some part of the body and thinking. Therefore the determined direction of physical activities and thought force by a developed, consciously exercised will power, can accomplish many things that might be considered impossible. Using the will does not necessitate physical or mental strain. Exertion of conscious will means a cool, calm, determined, increasingly steady and smooth-flowing effort of the attention and the whole being toward attaining a definite goal.

THINKING WILL Realizing the futility of blind will--after experiencing its results--the youth learns what is meant by "thinking will." Even thinking will, however, is not an end in itself; for unless it is guided by discrimination, it becomes semiparalyzed by wrong activities. But if one's thinking will retains its normal power and is made to revolve around a definite purpose, it becomes "dynamic volition." When such volition is used for wholesome purposes--actions in tune with the universal harmony or good--the will is strengthened and leads to success. A wrongly used will weakens itself, owing to lack of encouragement from truth, as it is out of tune with the universal order. When one knows that his objective or the nature of his purpose is worthwhile, then the tenacity of his volition becomes greater. The man of volition says:

"I will use my dynamic power of volition to fight for the truth until success comes. If death intervenes, I shall take up my activity with renewed determination in another incarnation, until I have fulfilled my good purpose."

A WILL--A WAY A strong will, by its own dynamic force, creates a way for fulfillment of its intention. By its very strength, the will sets into motion certain vibrations in the atmosphere; and nature, with its laws of order, system, and efficiency, thereupon responds by creating favorable circumstances. Will derives its greatest strength from an honest purpose, lofty motives, and a noble solicitude for doing good to the world at large. A strong will is never stifled; it always finds a way.

GOD'S WILL AND YOUR WILL God did not make us inert automatons, but instruments of His will, endowed with free choice to use that power as we please. God's will is not guided by whim or temptation. His will is guided by wisdom. God made us, His children, in His image, that we might guide our will with wisdom, even as He does. To teach people not to use their will is not only a ridiculous denial of the Divine Father's wish; indeed, it is an impossibility, since the will is involved in even the slightest movement of the muscles or in thinking.

NOT TEMPTATION BUT GOD All human craving and desire should be transmuted and turned toward God, instead of being allowed to delude the soul-image of God in man. Temptation is a delusive, compelling, conflicting, joy-expecting thought which should be used to pursue happiness-making truth and not misery-producing error. Although God is the Creator of consciousness, the vitiated consciousness in man turns away from Him and tries to lure the soul to concentrate upon temporary pleasure of the senses.

CONTACT GOD FIRST When you want to accomplish something important, will and act after you have first contacted God. By contacting God first, you harness your will and activity to the right goal. As you cannot broadcast through a broken microphone, so must you remember that you cannot broadcast your prayers through a mental microphone that is disordered by restlessness. Repair your mind

microphone by practicing deep calmness. Then give God a real soul-call. Do not give up after only one or two broadcasts if He does not seem to respond. You cannot get an answer by just calling someone and then running away. Similarly, it is ineffective to pray once and then let the attention run away. Continuously broadcast your prayer to God through your calm mental microphone until you hear His answering voice. Most people pray in restlessness, and without the determination to receive a response.

IN TUNE OR
OUT OF TUNE

If one uses his will ignorantly, it produces wrong or evil actions. But if one guides his will with wisdom, his actions bring about good, for they are in tune with divine will, and divine will is guided by wisdom. Wisdom-guided, self-initiated human will, and human will guided by God's wisdom-guided will, are one and the same thing.

"THY WILL BE DONE"

Jesus found his will so completely guided by wisdom that he could say to a dead man, "Lazarus, come forth," and bring him to life; or "O my Father...Thy will be done," and with full knowledge submit to the betrayal that led to his crucifixion (Matthew 26:42). Many people misinterpret the real meaning of "Thy will be done," and preach a dangerous doctrine of not using the will. Many others are physically lazy--and most people are mentally lazy. They are unwilling even to initiate creative thinking, or self-emancipating thinking, lest they succeed.

DIVINE WILL HAS
NO BOUNDARIES

The only savior of man is a constantly progressive dynamic will. Human will, however powerful, is still limited by the circumference of the body and the boundaries of the physical universe. Man's will can initiate successful activities in the body, or on earth, or in finding out the mysteries of distant stars. But divine will has no boundaries; it works in all bodies, in all things. God said: "Let there be light," and there was light. God's will is working in everything. When by deep meditation and by wisdom-guided, unflinching, never discouraged determination we can successfully keep our volition revolving around all our noble desires, then our will becomes one with divine will.

Man's will ordinarily works within the boundaries of his own little circle of family, environment, world conditions, destiny, and prenatal and postnatal cause-and-effect governed actions. But divine dynamic volition can change destiny, wake the dead, move mountains into the sea, and divert the course of planets.

THOUGHTS TO LIVE BY

For absolute control of your life and for destroying prenatal and postnatal root-causes of failure, you must exercise your will in every undertaking, until it shakes off its mortal delusion of being human will and becomes all-powerful divine will. You do not need to acquire this dynamic divine will. You already possess it in the image of God within you.

TWO FROGS IN TROUBLE

Once a big fat frog and a lively little frog were hopping along together when they had the misfortune to jump straight into a pail of fresh milk. They swam for hours and hours, hoping to get out somehow; but the sides of the pail were steep and slippery, and death seemed certain.

When the big frog was exhausted he lost courage. There seemed no hope of rescue. "Why keep struggling against the inevitable? I can't swim any longer," he moaned. "Keep on! Keep on!" urged the little frog, who was still circling the pail. So they went on for awhile. But the big frog decided it was no use. "Little brother, we may as well give up," he gasped, "I'm going to quit struggling."

Now only the little frog was left. He thought to himself, "Well, to give up is to be dead, so I will keep on swimming." Two more hours passed and the tiny legs of the determined little frog were almost paralyzed with exhaustion. It seemed as if he could not keep moving for another minute. But then he thought of his dead friend, and repeated, "To give up is to be meat for someone's table, so I'll keep on paddling until I die--if death is to come--but I will not cease trying--'while there is life, there's hope!'"

Intoxicated with determination, the little frog kept on, around and around and around the pail, chopping the milk into white waves. After awhile, just as he felt completely numb and thought he was about to drown, he suddenly felt something solid under him. To his astonishment, he saw that he was resting on a lump of butter which he had churned by his incessant paddling! And so the successful little frog leaped out of the milk pail to freedom.

AFFIRMATION

I shall tune my free will with the infinite will of God,
and my only desire shall be to do the wisdom-guided will of Him
who created me.